

Ayurvedic approach to post covid mental health disorders w.s.r to manovaha sarotas vikara

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ABSTRACT:

2019 is considered as the beginning of the "tsunami of psychiatric illness" due to the COVID-19 pandemic. Due to the long-term consequences of the pandemic, the socioeconomic implications, and the restrictive measures like social distance and quarantine, it is anticipated that the prevalence of common mental health disorders would increase throughout the post-pandemic period. In previously healthy individuals increase in the prevalence of mental disorders like incidence of depression, anxiety, stress, panic disorder, obsessive-compulsive disorder, somatic symptoms, sleep disorders, delirium, psychosis, self-mutilation, and suicide were observed. Apart from the above listed concerns, anxiety for the future, dread of getting sick, and worry of the pandemic's detrimental consequences on the economy. In people with pre-existing mental disorders reported worsening symptoms, relapse, and suicidal behaviour due to the interruption of psychiatric care, home confinement, and changes in their daily routine has been observed. Mental disorders in *Ayurveda* are correlated with *Vikara* of *Manovaha Sarotas* which occurs as a result of *Mano Abhigata* i.e when a person has a low level of *Satva Guna*, it affects the brain and *Hridaya*, the seat of intellect, vitiating the *Vatadi Dosha* resulting in *Manovaha Sarotas Vikara* i.e Mental disorders. During this tough time, *Ayurveda*, the branch of AYUSH, was holding back the country. Not only the curative measures but also the preventive measures were suggested by *Ayurvedic* physicians for both physical and mental health as in *Ayurveda* it has been mentioned there is two form of treatment *Sharirik* (physical) and *Mansik* (mental). In *Ayurveda Acharya's* has mentioned role of *Nidan Parivarjana*, *Saman Chikitsa* (*Achara Rasayana*, *Medhya Rasayana*, *Medhya Drugs*, *Shirodhara*) and *Shodhan Chikitsa* for the mental health. So in this article we are going to discuss about the Post Covid Mental Health Management through *Ayurveda w.s.r to Manovahasrotas Dushti*.

Keywords: *Manovahasrotas Vikara*, Corona virus disease - 2019 (Covid -19), *Janapadodhwamsa*, *Ayurveda*, *Medhya rasayana*.

INTRODUCTION

Corona virus disease -2019 (Covid -19) is an infectious viral replication confined to mainly upper respiratory tract not only the emergence of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is caused by a devastating pandemic but in addition to this physical disabilities mental health problems like depression, anxiety, sleep disorders, problem with concentration (brain fog) , symptoms of post-traumatic stress disorder(PTSD), obsessive-compulsive disorder, somatic symptoms, delirium, psychosis, self-mutilation, and suicide have also been observed in people recovering from COVID-19.

In *Ayurveda*, it has been mentioned that the channels used for the secretion, conduction, and transfer of bodily components are called *Srotas*. With the exception of *Manovaha Srotas*, the *Acharya Charak* has listed thirteen *Srotas* and their corresponding.

Mulasthana in Sroto Vimaniya Adhyaya.

However, *Manovaha Srotas* have been explicitly referenced in *Charaka Sharirsthana*, *Charak Indriya sthana*, and *Charak Chikitsa sthana*.

Long term hospitalisation of the patient was affecting the mental health of that patient and even the deadly effect of COVID-19 news that was spreading through social media and the news telecast triggered the mental health. As in *Ayurveda* it has been mentioned that fear/pain is one of the reason that increases the disease.¹

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Type of study : Review Article

Material and Methods: The material were collected from the classical *Ayurvedic* literature and research journals.

Definition

In Sanskrit, *Mana* means to think, imagine, believe and suppose.

Objectives of mana are *Chintya* (thinking), *Vicharya* (analysis), *Uhya* (speculation), *Dhyeya* means aim/goal and *Sankalpa* means decision.

Manas, or mind, is linked to both *Karmendriya* and *Gyanendriyas*. *Manovikara* results when *Mana* is impacted by the dominance of *Raja* and *Tama*, which in turn causes *Kama* and *Krodha*. The majority of sicknesses and miseries in the world are caused by *Manovikara*, which is the result of the vitiation of this *Manovaha Srotas*. *Mana* affects all bodily systems.

Raja and *Tama* dominated *Dosha Sanga* vitiates *Manovaha Srotas*. When *Manovaha Srotas* is vitiated, emotional illness results, which can lead to psychosomatic disorders.

Ayurvedic texts state that epidemics and pandemics caused by vitiated seasons (*Kala*), *Bhumi* (soil), *Jala* (water), and *Vayu* (air) pollution are referred to as epidemic illnesses, or “*Janapadodhwamsa*”. These are seen as the results of “*Adharma*” (unrighteousness) and “*Pragyaparadha*” (crime against wisdom).² The treatment of *Janapadodhwamsa* is *Panchkrama* (*Vaman*, *Virechana*, *Asthapana*, *Anuvasana*, *Sirovirechana*) and use of *Rasayan Aushadhi*.³

There are two forms of *Doshas* i.e *Sharirik Dosha* And *Mansik Dosha* .In case of *Sharirik Dosha Yuktivayapashraya Chikitsa* and *Devayapashraya Chikitsa* is indicated whereas

in *Mansik Dosha Gyan, Vigyan, Dharya, Smriti, Samadhi* is indicated.⁴

Apart from doshas there is a concept of health in *Ayurveda* mentioned by *Acharya Sushruta* that states a person is *Svastha* whose *Doṣas, Agni, Dhatus* and *Malas* are in the states of normalcy (*Samadoṣa, Samagni, Samadhatumalakriya*) and who is mentally, and spiritually in the state of calmness i.e. bliss and happiness.⁵ Life is conjunction of spirit, mind, senses and body.

समदोषः समग्नि समधातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाः स्वास्थ्य इत्यभिधीयते । सु सू
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In the state of post covid anyhow the *Chintya, Vicharya, Uhya, Dhyeya, Sankalp* are the objects of *Mann* and important functions of *Mann* like *Indriyaabhigraha, Swasynigraha, Buddhi Vyapar, Smriti* are getting disturbed and generation of disease is occurring due to deviations *Satva Guna* towards *Raja* and *Tama Dosha* of *Mann*.

TREATMENT

There are 3 form of *Chikitsa*:

1. *Nidana Parivarjana*

2. *Shamana Chikitsa*

3. *Shodhana Chikitsa*

Nidana parivarjana: Keep the patient away from the atmosphere affecting the patient. Counsel the patient and indulge the patient in activities like meditation.

Shamana Chikitsa

For the preservation of mental health, *Acharyas* had recommended use of *Medhya rasayana*. A number of medications, such as *Mandukaparni* (*Centella asiatica*), *Yastimadhu* (*Glycerrhiza glabra*), *Guduci* (*Tinospora cordifolia*), and *Sankhapuspi* (*Clitoria ternaria*), are considered to be part of the *Medhya rasayana*.⁶ These medications enhance intellect (*Dhi*), self-control (*Dhruti*), and memory (*Smriti*). Moreover, *Medhya rasayanas* maintain a balance between the two *Manodoṣhas* (mind-controlling humors), *Tamas* (slowness) and *Rajas* (speed), which governs and enhance normal mental processes. Hence *Medhya Ayurvedic* pharmacological interventions may benefit in managing stress, anxiety and depression.

Table 1: There are some other drugs to improve mental health⁷

List of plant names	Botanical name	Family
<i>Vacha</i>	<i>Acorus calamus</i>	<i>Araceae</i>
<i>Shatavari</i>	<i>Asparagus racemosus</i>	<i>Liliaceae</i>
<i>Brahmi</i>	<i>Bacopa monniera</i>	<i>Scrophulariaceae</i>
<i>Ashwagandha</i>	<i>Withania somnifera</i>	<i>Solanaceae</i>
<i>Tagar</i>	<i>Valeriana wallichii</i>	<i>Valerianaceae</i>
<i>Nirgundi</i>	<i>Vitex negundo</i>	<i>Verbenaceae</i>
<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	<i>Valerianaceae</i>
<i>Jyotishmati</i>	<i>Celastrus paniculatus</i>	<i>Celastraceae</i>

<i>Aparajita</i>	<i>Clitoria ternatea</i>	<i>Leguminosae</i>
<i>Pippali</i>	<i>Piper longum</i>	<i>Piperaceae</i>
<i>Haritaki</i>	<i>Terminalia chebula</i>	<i>Combretaceae</i>

Shirodhara can be performed on the patient for mental relaxation. This procedure induces a relaxed state of awareness, which results in a dynamic psycho-somatic balance. According to *Acharya Bhela Bhrumadhya* (Between both eyebrows) is the site of *Chitta (Mana)*. It is also place of *Sthapni Marma*. The pituitary, pineal, and *Sthapni Marma* sites are all located on the same level. Hormones regulate the pituitary gland's activity. It is able to sustain the whole endocrine system in the human body. Anxiety and mental strain were the root causes of the endocrine system's disruption of normal function. The pituitary gland's indirect stimulation and *Sthapni Marma's* stimulation both alter the psycho-somatic level. *Shirodhara* treatment thereby relieves mental tension by restoring this gland's natural function. Hence it is useful in Post Covid Mental Health.

Acharya Charaka has also mentioned *Acharya Rasayana* for the ideal mental, physical, social, and spiritual well-being of humans.

Yoga and Pranayama

Apart from medication *Yoga* plays important role in the cure of post covid mental disorders According to Indian Philosophy, *Yogas* is 'Chitta Vritti Nirodhah'-A technique to quiet the mind is yoga. ⁸The main psychological effects of *Yoga* and *Pranayam* include calming the mind, improving mental clarity and concentration, lowering stress and anxiety, encouraging positive thoughts and self-

acceptance, and promoting flexibility. Through *Yoga* and *Pranayama* we can completely relax our body and mind and get rid of many physical and mental ailments. *Yoga Asana* like *Padmasana*, *Shavasana*, and *Surya Namaskara*, *Bhujangasana*, *Paschimottanasana*, *Sarvangasana* and *Pranayama* like *Kapalabhati*, *Bhastrika*, and *Anuloma Viloma* are very helpful.⁹

Shodhana Chikitsa: In *Shodhana Chikitsa Nasyam* can be performed *Medhya* drugs mentioned in table 1.

DISCUSSION

1. *Shaman Aushadhis* like *Brahmi* suggested improvement in alertness and reduction in anger outbursts. Whereas, *Sankhapuspi* demonstrated its memory-enhancing, anxiolytic, antidepressant, and memory-enhancing activity.
2. Drugs mentioned in the chart as per the *Acharya Priyavart sharma* the drugs *Vacha*, *Shatavari*, *Brahmi*, *Nirgundi*, *Pippali*, *Haritaki* possesses *Medhya* properties, these works on the *Mastikshadoorbaliyata*, *Bhrami* also work as *Smritisaktivardhak*, *Ashwagandha* possesses antidepressant (mastiskshamak) properties, *Jatamansi* is *Bhoonthaghan* i.e *Manasdoshhar*, *Tagar* is used to cure mental disorders like *Unmad* and *Apasmar*.
3. *Yoga* is known to regulate hypothalamo-pituitary-adrenal (HPA) axis and bring balance in the autonomic nervous system

functions. Practicing Yoga increases the Gamma Amino Butyric Acid (GABA) levels and reduces the levels of cortisol (stress hormone) and catecholamines leading to reduction in stress, anxiety, and depression.

CONCLUSION

Hence it is concluded that there is role of ayurveda in the management of post covid mental health in relation with to *Manovaha Sarotas Vikara* by the help of *Nidana Parivarjana*, *Saman Chikitsa* by the use of *Medhya Rasayna*, *Sirodhara*, different drugs having *Medhya prabhava*, role of *Acharasayan*, *Yoga* and *Pranayama* and by the help of *Shodhan Chikitsa*.

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